

DINNERLY



Moroccan Fish Tagine

with Tomato, Fennel and Lemony Couscous



25 minutes



2 Servings

Delight in the wonderful aromas of Morocco with this moreish fish and fennel stew. Prepare the lemony couscous while the tagine simmers away, then serve up delicious flavours in a flash.

WHAT WE SEND

- 1 baby fennel bulb
- 1 tomato
- basa fish pieces ⁴
- 10g chermoula spice blend ¹⁷
- 1 lemon
- 150g couscous ¹

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 2 garlic cloves
- 2 tsp olive oil
- 2 tbs tomato paste
- 2 tsp honey
- 200ml boiling water

TOOLS

- box grater
- medium deep frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Fish (4), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 485kcal, Fat 8.8g, Carbs 68.4g, Proteins 28.3g



1. Prep ingredients

Crush or finely chop **2 garlic cloves**. Trim the **fennel**, then thinly slice, reserving any fronds. Halve the **tomato** and coarsely grate over a bowl to catch the juice, discarding the skin. Halve the **fish** lengthwise, then cut into 4cm chunks.



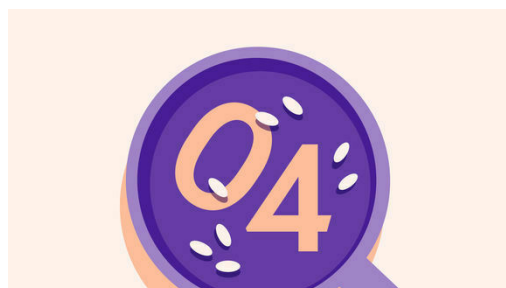
2. Start tagine

Heat **2 tsp olive oil** in a medium deep frypan over high heat. Cook the **garlic, fennel, chermoula spice blend** and **2 tbs tomato paste**, stirring, for 2 mins or until fragrant.



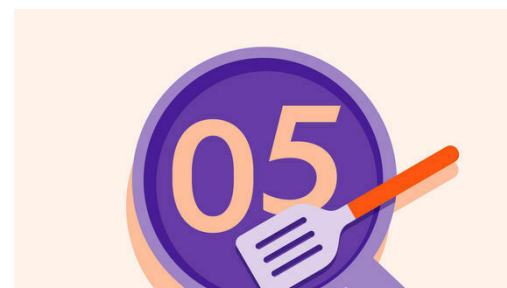
3. Simmer tagine

Add the **grated tomato, 2 tsp honey** and **180ml (¾ cup) water** to the pan and bring to the boil. Reduce the heat to medium and cook, covered, for 5 mins or until the fennel is almost tender. Add the **fish** and cook, covered, for a further 3 mins or until the fish is just cooked through.



4. Soak couscous

Meanwhile, finely grate the zest of **half the lemon***, then juice the half (see Make it yours). Put the **couscous, lemon zest** and **lemon juice** in a large heatproof bowl. Season with **salt** and **pepper** and stir to combine. Pour over **200ml boiling water** and cover with a plate. Stand for 5 mins or until the water is absorbed. Fluff with a fork.



5. Serve up

Divide the **lemony couscous** among bowls, top with the **fish tagine** and scatter over any **fennel fronds**. Enjoy!



6. Make it yours

We have added lemon zest and juice to the couscous for a citrusy flavour boost. If you'd prefer to eat the couscous plain, cut the lemon into wedges and serve at the table, to squeeze over the tagine.